

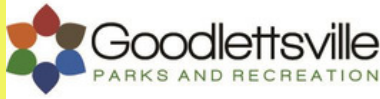
# CITY OF GOODLETTSVILLE



## October Newsletter



fb.me/cityofgoodlettsville  
@GvilleTN  
goodlettsville.gov



For more information on all of these and upcoming events, please call the Delmas Long Community Center at 615-859-2241, or visit the City of Goodlettsville website.

Reservations for these and other programs can be made at [www.goodlettsvilleparks.org](http://www.goodlettsvilleparks.org)



## GOOD MORNING SUNSHINE



GOOD MORNING SUNSHINE is a reassurance program offered to seniors living alone. Someone from the City will call isolated seniors periodically to check on them and to let them know someone cares about them. The program also assures City employees the seniors are OK. When seniors living alone don't show up as routinely expected to pay a utility bill, the employees become concerned. The employee or volunteer will maintain a record of the times called as well as general information about the participant. If the participant is not reached after three call attempts, the emergency contact will be notified. In the event the emergency contact cannot make contact with the participant, a member of the Goodlettsville Police Department will be dispatched to the residence. A general information sheet and consent form can be picked up and turned in at Goodlettsville City Hall located at 105 South Main Street, Goodlettsville, Tennessee. If you have questions about the program, please contact a member of the City Hall staff at 615.851.2200.



## TOT TIME OPEN HOUSE

Delmas Long Community Center  
October 17th 9:00am-11:00am  
RSVP to

[www.goodlettsvilleparks.org](http://www.goodlettsvilleparks.org)  
Refreshments by Chick-Fil-A  
Rivergate

Tot time is every Wednesday morning at the Community Center for parents and children ages 5 and under. This program allows for free play in the gym.

## Upcoming Events for Senior Adults at the Delmas Long Community Center

For more information on all these and other upcoming senior events, visit [www.goodlettsvilleparks.com](http://www.goodlettsvilleparks.com) or the City of Goodlettsville website. To register for these events contact Jennifer at [jspillers@goodlettsville.gov](mailto:jspillers@goodlettsville.gov) or call 615-851-2203.

**\*LIVE MUSIC\* SOUP AND SANDWICHES\* FREE\***

FREE MUSIC FOR SENIORS Thursday, October 18th, 11:30am

Music for Seniors pairs talented professionals in the Nashville and Goodlettsville area with senior interactive music programming for senior adults. Join us!



**\*COSTUME CONTEST\*CAKE WALK\*LINE DANCING\*DOOR PRIZES\***  
HALLOWEEN PARTY FOR SENIOR ADULTS Tuesday, October 30th, 10:30am-1:00pm  
Lunch is provided.



**\*LINE DANCING CLUB\***

Meets at 10:15am on Mondays, Thursdays, and Fridays.

Line dancing is very popular among seniors - it's fun, and, there is no need for a partner. It's a wonderful way to stay healthy. Some have even said that, when line dancing on a regular basis, possible benefits are an increase in flexibility, muscular strength, and lung capacity, as well as an improvement in bone health and coordination. At the Delmas Long Community Center, not only do we dance to western tunes, we dance to all tunes! We welcome beginners! No registration required!



Dress up as your favorite superhero or villain! The night will include refreshments, games for prizes, a photo booth, and dancing! Pre-registration is required. This event is recommended for families with children 16 and under.  
Delmas Long Community Center



Saturday, October 27th  
1:00pm-3:00pm  
Moss-Wright Park  
Area surrounding the playground and Shelter 3.  
Join us for a spooky good time! Games, Inflatables, Dancing, Photo Ops, Crafts  
\*\*There is a charge for activities below\*\*  
\*\*Food Vendors\*\*Pumpkin Patch\*\*

## LOOK. LISTEN. LEARN.

Be aware.  
Fire can happen anywhere:

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018  
firepreventionweek.org



MESSAGE FROM THE  
Goodlettsville Fire Department  
Fire Prevention Week  
October 7th - 13th  
Through three simple  
calls-to-action, this year's theme identifies basic but  
essential ways people can reduce their risk to fire and  
be prepared in the event of one:  
LOOK for places fire can start  
LISTEN for the sound of the smoke alarm  
LEARN two ways out of each room

## Upcoming Events at Historic Mansker's Station



For more information on all of these and upcoming events,  
please call the Visitor's Center at 615-859-3678, or visit  
the City of Goodlettsville website.  
Reservations for these and other programs can be made at  
[www.historicmanskersstation.eventbrite.com](http://www.historicmanskersstation.eventbrite.com)

### ADULT TOBACCO BASKET CLASS

October 9th - 6:00pm-8:00pm or

October 17th- 9:30am-11:30am

Historic Mansker's Station

Fee \$ 45 per person. The cost includes all  
materials, plus materials to take home and make 2  
more on your own. You will leave with a completed  
basket.

Reservations required.



Come explore your world with the  
Goodlettsville Public Library!

Special Event:

Getting Started with Photoshop  
for Digital Photographers

October 20th, 10:15am-12:15pm

Need to enhance your Photoshop  
skills? Want to add another  
talent to your tool belt? Join us  
for a beginner-intermediate class  
on Photoshop with skilled digital  
photographer, Steve Choatie.

Registration required, so please  
call or come by the branch to sign  
up.

Monthly Programs:

Fall Yoga, Mondays at 6:30pm

Every Monday, Instructor Chelsea  
Fite, leads adults through a series  
of beginner level poses. All  
experience levels are welcome to  
attend. Mats available, if needed.

Senior Movie Day

October 18th at 12:30pm

Monthly movie viewings chosen  
for seniors by seniors. Potluck  
included, so bring a favorite dish,  
or sample others.

Page Turners Book Club

October 30th at 6:30pm

Join our Page Turners for lively  
book discussions the last Tuesday  
of every month. For October, the  
Page Turners will be reading  
An American Marriage by  
Tayari Jones.



### GOODLETTSVILLE FALL CLEAN-UP DAY

SATURDAY,  
OCTOBER 13th  
8:00am-3:00pm

WHO: Citizens residing  
within the city limits of  
Goodlettsville (proof of  
residence required)

WHAT: Free drop-off of  
household waste (up to 1  
truckload)

WHERE: Goodlettsville  
Public Works Convenience  
Center, 215 Cartwright  
Street

Items we CANNOT accept:  
construction waste,  
household hazardous  
waste, household cleaners,  
automotive products, lawn  
and garden products.

### PIONEER PALS OCTOBER SCHEDULE

Ages 3-5, 10:00am-11:00am

Historic Mansker's Station

October 11th - Let's Play Dress Up

Make believe can help us understand the world  
around us. This hands on activity will be a fun way  
to get to know about others. We will learn the  
number 6 and the Letter D

October 18th - Camouflage

Dress for mess! We are going to study the world of  
hidden animals. Children will have fun learning  
how to disguise themselves. We will learn the  
number 7 and the letter C.

October 25th - Pumpkin Fun

This super fun class will be all about pumpkins.  
Stories, games, and crafts will delight your child.  
Dress for mess! We will learn the number 8 and the  
letter P.



### FALL HOMESCHOOL PROGRAMS OCTOBER SCHEDULE

Ages 8-14 1:00pm-3:00pm

Historic Mansker's Station

\$10 per student per class

October 10th- Fall Weenie Roast - Gather at the  
Fort for a fall weenie roast, smores, and games.  
This will reschedule if it rains.

October 17th- Take pen in hand - Learn the art of  
quill pen writing and gain knowledge of sealing  
wax, letter folding and other information on how  
the world communicated in the pre-computer age.  
Students will take home a quill pen.

October 24th- Historic reflector and Dutch oven  
cooking- prepare a delicious apple dumpling and  
small pumpkin pie at the Fort. While your pies are  
baking we will play a game of grace. Bring your  
Apron!



### GHOST AND LANTERN TOUR 2018

Saturday, October 27th 6:00pm-9:00pm

Goodlettsville Visitor's Center at  
Historic Mansker's Station

\$5 per person

5 and under FREE

Family friendly - Tours, Hay Rides, Stories, Music  
and Refreshments.

